

Thanks to ongoing funding received from the Department for Communities, Southern Health and Social Care Trust were able to coordinate and deliver health programmes within Newry's nine Neighbourhood Renewal areas. Some of the highlights of the year are listed below:-



Soccer Coaching Training Programme

17 volunteers received Level 1 qualification delivered by the IFA.

Participants received training in techniques to deliver a more professional understanding of coaching, acquired a greater knowledge of football drills and techniques for evaluating and progression, along with child protection in sport and first aid training.

Those trained will use their new knowledge with children/adults within their communities and contribute on average approximately 4 hours volunteering per person weekly which over a 12 month period equates to over 3,500 volunteering hours.

Healthy Eating Schools Programme

In partnership with Newry's NR Education & Health Sub Groups, financial assistance was awarded to eight schools to provide a healthy eating programme to a total of 2,987 pupils and was delivered over a 3 month period.

One school reported:-

"A number of pupils deemed to be underachieving in the area of maths...Through their weekly tasks of completing orders, organising cash, making payments, predicting change and looking for bargains, the aptitude and attitude towards this aspect of maths has improved immeasurably amongst these pupils. Whilst it was very much a by-product to the theme of promoting healthy eating, this has been a very valuable pupil gain arising from this funding and we are very grateful".



Green Gym Programme



161 children were involved in four environmental friendly programmes delivered by The Conservation Volunteers.

The children learnt about environmental conservation and ways to improve local surroundings. It also benefited their mental health, boosted self-esteem and confidence through learning new skills and completing new tasks.



Action Cancer Big Bus Service

Action Cancer conducted a visit in each of the nine NR areas with a total of 271 people attending.

Breast Screening: 197 women were screened of which 10 women necessitated further investigation all of which came back with benign outcomes.

Health MOTS: 74 people availed of this service on board the bus and 25 people were advised to visit their G.P. for further investigation with 14 presented with high cholesterol and 11 with high blood pressure.

Period Covering	Breast Screenings conducted on board the Big Bus	No. of people who required further investigation	Health M.O.T. conducted on board the Big Bus	No. of people who required further investigation	Outcomes
Apr. – Jun 2017	44 Breast Screenings	2 women	18 Health M.O.T.S	9 referred for further investigation	4 high cholesterol 5 high blood pressure
July – Sept 2017	None	None	None.	None	<i>There were no visits conducted during this period due to refurbishment of Big Bus vehicle</i>
Oct – Dec 2017	65 Breast Screenings	2 women	24 Health M.O.T.S.	6 referred for further investigation	4 high cholesterol 2 high blood pressure
Jan – Mar 2018	88 Breast Screenings	6 women	32 Health M.O.T.S.	10 referred for further investigation	6 high cholesterol 4 high blood pressure
Totals	197 Breast Screening	10 required further investigation	74 Health M.O.T.S	25 referrals	14 high cholesterol – 11 high blood pressure



Multicultural Health & Wellbeing Event

This event, attended by over 200 people, took place in Barcroft Community centre in June 2017.

It was organised in conjunction with the Polish Community, Confederation of Community Groups and Barcroft Community Association and co-ordinated by the Trust’s Promoting Wellbeing Support Worker.

Over 17 stand holders exhibited representing community, voluntary and statutory sectors and provided information advice and interactive demonstrations, ranging from free health checks (conducted by Cancer Focus NI) to arts & crafts, face painting and beauty therapy.

Entertainment was provided by Newry Accolade Choir and “Just Try” Band with food, fruit and refreshments provided free of charge by Subway and Tesco.